Mullein should have been recommended as a first line treatment for sinuses and lungs during the COVID hysteria

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For centuries, mankind has turned to the earth for remedies — powerful, natural solutions that promote respiratory health without toxic pharmaceuticals. Yet today, as millions suffer from chronic coughs, asthma, and lung damage post-Covid, one ancient herb stands out as a front line defense: mullein (*Verbascum thapsus*). This potent plant has been systematically ignored by the medical-industrial complex, which profits from perpetual sickness rather than true healing.

Mullein is no ordinary weed. With striking yellow flower spikes and velvety, soft leaves, this biennial herb acts as a soothing, anti-inflammatory expectorant, clearing congestion and repairing damaged lung tissue naturally. But modern medicine would rather you rely on chemical-laden inhalers and immunosuppressive drugs than **harness mullein's antimicrobial, antiviral, and mucolytic properties**. This herbal medicine has proven effective for millennia, used by Native American tribes and the like to survive harsh conditions and respiratory infections.

Key points:

- Mullein (*Verbascum thapsus*) has been used for centuries to treat respiratory illness, acting as both an expectorant and demulcent.

- Scientific studies confirm its antibacterial and anti-tumor properties, particularly against *Staphylococcus aureus* and *Klebsiella pneumoniae*.

- Unlike Big Pharma's toxic cough syrups, mullein soothes lung irritation while detoxing from pollution, allergens, smoking, and infections.

- It can be consumed as tea, tincture, infused oil, or cough drops, offering safe, natural alternatives to corporate medicine's overpriced drugs.

- Despite its proven benefits, mainstream medicine continues to suppress herbal remedies like mullein in favor of profitable, dependency-forming drugs.

- During the COVID-19 hysteria, mullein should have been recommended as a first line defense.

The respiratory super herb blacklisted from pharmacies

For those suffering from bronchitis, asthma, or post-Covid lung damage, mullein offers a direct, natural solution. Historical records show this herb has been used medicinally since ancient Europe and Asia, valued for its ability to clear mucus, reduce inflammation, and fight infections.

A 2002 study published in *Journal of Ethnopharmacology* demonstrated mullein's antibacterial effects against pathogens like *Staphylococcus aureus* and *E. coli*, validating its traditional use in respiratory care. Another study found mullein inhibited tumor growth — suggesting protective benefits against lung infections that mainstream medicine refuses to acknowledge.

Unlike steroid inhalers and opioid-laced cough syrups, mullein does not suppress the immune system or cause dangerous side effects. Instead, it strengthens lung function, making it a critical tool for those recovering from smoking, pollution, or viral infections.

How to use mullein for optimal lung health

Mullein is remarkably versatile, offering multiple preparation methods to maximize lung benefits:

1. Mullein Leaf Tea

Steep 1-2 tsp dried mullein leaf in boiling water for 10-15 minutes. Three cups daily can soothe inflamed throat tissues, thin mucus, and improve breathing.

2. Mullein Tincture

A 12-18 mL daily dose (2-3 tsp) provides potent antimicrobial and expectorant effects — ideal for long-term lung detoxification. To make a tincture, steep mullein plant parts in 151 proof grain alcohol, making sure to cover all the plant parts in alcohol. Let stand in a cool, dark environment for at least one month, allowing the alcohol to slowly extract the plant constituents, while preserving the phytochemicals in the suspension. After thirty days, strain the plant parts from the alcohol and pour the finished product in a vial with a dropper, so the alcohol can be administered in small doses.

3. Mullein Infused Oil

Rubbed on the chest, mullein oil reduces congestion and inflammation, particularly when blended with peppermint or eucalyptus essential oils.

4. Mullein Cough Drops

Combined with wild cherry bark or honey, mullein cough drops offer rapid relief for sore throats and chest congestion—free from toxic artificial sweeteners.

For those seeking real health sovereignty, mullein is a revolutionary plant. It clears the lungs without poisoning the body, offering what modern medicine refuses to provide: true healing. Mullein should have been recommended as a first line treatment to support the sinuses and lungs during the COVID-19 hysteria.

Sources include:

TheEpochTimes.com

Pubmed.gov

ScienceDirect.com

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